

## CLAIMS

What is claimed is:

- 5        1.        A composition comprising guggul and at least one or more components selected from the group consisting of 1, 3:1, 4 - beta - glucan and a beta-sitosterol-containing sterol mixture, wherein the guggul is present in an amount ranging from about 1% to about 99% by weight, based on the composition, and the at least one or more components is present in an amount ranging from about 1 % to about 99% by weight, based on the  
10       composition.
2.        The composition according to Claim 1 wherein the component is 1, 3:1, 4 - beta - glucan.
- 15       3.        The composition according to Claim 1 wherein the component is a beta-sitosterol-containing sterol mixture.
4.        The composition according to Claim 2 wherein the guggul is present in an amount ranging from about 5% to about 15% by weight, and the 1, 3:1, 4 - beta - glucan is  
20       present in an amount ranging from about 85% to about 95% by weight.
5.        The composition according to Claim 3 wherein the guggul is present in an amount ranging from about 5% to about 15% by weight, and the beta-sitosterol-containing sterol mixture is present in an amount ranging from about 85% to about 95% by weight.  
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6.        The composition according to Claim 1 comprising guggul, 1, 3:1, 4- beta - glucan and a beta-sitosterol-containing sterol mixture, wherein the guggul is present in an amount ranging from about 7% to about 21% by weight, the 1, 3:1, 4 - beta - glucan is present in an amount ranging from about 40% to about 47% by weight, and the beta-

sitosterol-containing sterol mixture is present in an amount ranging from about 40% to about 47% by weight.

7. The composition according to Claim 1 wherein the guggul is present in an amount of about 10% by weight, and the at least one or more components is present in an amount of about 90% by weight.

8. The composition according to Claim 6 wherein the guggul is present in an amount of about 14% by weight, the 1, 3:1, 4 - beta - glucan is present in an amount of about 43% by weight, and the beta-sitosterol-containing sterol mixture is present in an amount of about 43% by weight.

9. A food composition comprising a food and a second composition according to Claim 1.

10. The food composition according to Claim 9 wherein the second composition comprises guggul and one component selected from the group consisting of 1, 3:1, 4 - beta - glucan and a beta-sitosterol-containing sterol mixture.

11. The food composition according to Claim 10 wherein the second composition is present in an amount ranging from greater than 0 to about 6 grams.

12. The food composition according to Claim 11 wherein the second composition is present in an amount ranging from about 2 to about 6 grams.

13. The food composition according to Claim 9 wherein the second composition comprises guggul, 1, 3:1, 4 - beta - glucan, and a beta-sitosterol-containing sterol mixture.

14. The food composition according to Claim 13 wherein the second composition is present in an amount ranging from greater than 0 to about 10 grams.
- 5 15. The food composition according to Claim 14 wherein the second composition is present in an amount ranging from about 5 to about 10 grams.
16. A beverage composition comprising a beverage and a second composition according to Claim 1.
- 10 17. The beverage composition according to Claim 16 wherein the second composition comprises guggul and one component selected from the group consisting of 1, 3:1, 4 - beta - glucan, and a beta-sitosterol-containing sterol mixture.
- 15 18. The beverage composition according to Claim 17 wherein the second composition is present in an amount ranging from greater than 0 to about 6 grams.
19. The beverage composition according to Claim 18 wherein the second composition is present in an amount ranging from about 2 to about 6 grams.
- 20 20. The beverage composition according to Claim 16 wherein the second composition comprises guggul, 1, 3:1, 4 - beta - glucan, and a beta-sitosterol-containing sterol mixture.
- 25 21. The beverage composition according to Claim 20 wherein the second composition is present in an amount ranging from greater than 0 to about 10 grams.
22. The beverage composition according to Claim 21 wherein the second composition is present in an amount ranging from about 5 to about 10 grams.

23. A method for reducing cholesterol level in a human or animal comprising administering to at least one of the human or animal an amount effective to decrease cholesterol levels in the body of said animal or human, of a composition comprising guggul and at least one or more components selected from the group consisting of 1, 3:1, 4 - beta - glucan and a beta-sitosterol-containing sterol mixture.

24. The method according to Claim 23 wherein the composition comprises guggul and one component selected from the group consisting of 1, 3:1, 4 - beta - glucan and a beta-sitosterol-containing sterol mixture.

25. The method according to Claim 24 wherein the composition is administered in an amount ranging from greater than 0 to about 6 grams.

26. The method according to Claim 25 wherein the composition is administered in an amount ranging from about 2 to about 6 grams.

27. The method according to Claim 23 wherein the composition comprises guggul, 1, 3:1, 4 - beta - glucan, and a beta-sitosterol-containing sterol mixture.

28. The method according to Claim 27 wherein the composition is administered in an amount ranging from greater than 0 to about 10 grams.

29. The method according to Claim 28 wherein the composition is administered in an amount ranging from about 5 to about 10 grams.

30. A method for reducing cholesterol level in a human or animal comprising administering to at least one of the human or animal an amount effective to decrease cholesterol level in the body of said animal or human of a food composition comprising a food and a second composition according to Claim 1.

31. The method according to Claim 30 wherein the second composition comprises guggul and one component selected from the group consisting of 1, 3:1, 4 - beta - glucan and a beta-sitosterol-containing sterol mixture.

5 32. The method according to Claim 31 wherein the second composition is administered in an amount ranging from greater than 0 to about 6 grams.

33. The method according to Claim 32 wherein the second composition is administered in an amount ranging from about 2 to about 6 grams.

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34. The method according to Claim 30 wherein the second composition comprises guggul, 1, 3:1, 4 - beta - glucan, and a beta-sitosterol-containing sterol mixture.

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35. The method according to Claim 34 wherein the second composition is administered in an amount ranging from greater than 0 to about 10 grams.

36. The method according to Claim 35 wherein the second composition is administered in an amount ranging from about 5 to about 10 grams.

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37. A method for reducing cholesterol level in a human or animal comprising administering to at least one of the human or animal an amount effective to decrease cholesterol level in the body of said animal or human of a beverage composition comprising a beverage and a second composition according to Claim 1.

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38. The method according to Claim 37 wherein the second composition comprises guggul and one component selected from the group consisting of 1, 3:1, 4 - beta - glucan and a beta-sitosterol-containing sterol mixture.

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39. The method according to Claim 38 wherein the second composition is administered in an amount ranging from greater than 0 to about 6 grams.

40. The method according to Claim 39 wherein the second composition is administered in an amount ranging from about 2 to about 6 grams.

5 41. The method according to Claim 37 wherein the second composition comprises guggul, 1, 3:1, 4 - beta - glucan, and a beta-sitosterol-containing sterol mixture.

42. The method according to Claim 41 wherein the second composition is administered in an amount ranging from greater than 0 to about 10 grams.

10 43. The method according to Claim 42 wherein the second composition is administered in an amount ranging from about 5 to about 10 grams.